

St Joseph's School

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Bulletin—Week 8 of Term 1, March 17th 2020

**FUN RUN
2020**



**MAGIC
DAY,
MAGIC
EVENT !**

Dear Parents, Carers and Friends

I write to update you all on how we at St Joseph's look to manage the current Health Crisis facing the world around us. This bulletin simply aims to provide simple information and guidelines for you and your family.

MINIMISE CONTACT

MAXIMISE HABITS

What we are doing at school ?

- Providing hygiene lessons – washing of hands, sneezing & coughing management
 - Provision of sanitiser & tissues
- Daily cleaning of classroom furniture & computers
 - Daily cleaning of door handles, handrails, toilets
- Postponement/Cancellation of Assemblies / Meetings & Gatherings
 - No sharing of food & drinks

What do you need to do ?

- Providing hygiene lessons – washing of hands, sneezing & coughing management
- Ensure your school contact details are correct here at school – please sign & return your Contact Verification Report immediately
 - Talk to and reassure your child/ren
- Keep your child/ren at home if they are sneezing / coughing / have a temperature, sore throat or are fatigued & extra tired (use common sense – you know your child best)

Where to from here ?

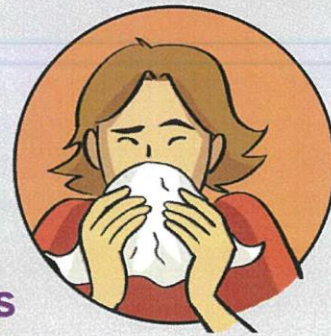
- Our school is open until I inform you otherwise
- SMS will be the immediate form of communication if things change
 - We aim for the Holidays (8 more days) then take stock
- Live life as normal as possible – good eating, drinking, exercise and rest helps





Ten ways to reduce your risk of coronavirus

- ✎ **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- ✎ **TRY** not to touch your eyes, nose or mouth.
- ✎ **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- ✎ **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- ✎ **PHONE** your GP first if you need medical attention. They will tell you what to do.
- ✎ **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- ✎ **DON'T** wear a face mask if you are well.
- ✎ **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- ✎ **GET** the flu shot (available April).
- ✎ **SHAKING HANDS** is optional!



Find out more

www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

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